

1. What type of activity should you choose for yourself to start out?  
**Choose the activity you enjoy**
2. How will your body feel after the first couple of workouts?  
**Stiff or sore**
3. Why should you try to exercise the same time each day?  
**It helps to form a schedule**
4. Who should see a doctor before starting an exercise program?  
**Male and older than 35 or female and over 40 or have any preexisting health concerns**
5. Name three reasons/motivations why people choose to exercise?
  1. **Walking the dog**
  2. **gardening, taking the stairs**
  3. **mowing the lawn**
6. What time of day should you work out?  
**The most convenient time of day**
7. What type of facilities can be used to work out?  
**Fitness Center, Home, or Outdoors**
8. What is
  - A. body composition  
**Refers to the proportion of body fat to lean body tissue**
  - B. flexibility  
**Extent and range of motion around a joint, Injury prevention, and Static stretching**
  - C. strength  
**amount of force exerted by a group of muscles**
  - D. cardiorespiratory fitness  
**Body's ability to consume and process Oxygen**
9. Name three components of a cardiorespiratory fitness?
  1. **Warm-up 5-10 min**
  2. **Conditioning 20-60 min**
  3. **Cool-down 5-10 min**
10. A gradual increase of your workout over time is called?  
**Progression**
11. If you stop working out what happens to your muscles and cardiorespiratory fitness?  
**Your body will be used to working and you will gain weight**
12. What is a
  - A. passive warm up  
**increase temperature by external means**
  - B. general warm up  
**increase temperature using non-specific body movements**
  - C. specific warm up  
**increase temperature using very similar biomechanics used in subsequent, more strenuous activity.**
13. List 5 benefits of warming up.
  1. **Rehearsal of movement**

2. Elevation of body temperature
  3. Reduces incidence and likelihood of musculoskeletal injuries
  4. Supplies adequate blood flow to heart
  5. increase sensitivity of nerve receptors
14. Why is good flexibility important?  
A person may not be able to function normally if a joint lacks normal movement.
15. Name three types of flexibility and describe each.
1. Ballistic – The oldest technique which makes use of repetitive bouncing movements.
  2. Dynamic – Incorporates movements that mimic a specific sport or exercise in an exaggerated yet controlled manner.
  3. Static – Involves passively stretching a muscle to the point of mild discomfort by holding it in a maximal stretch for an extended period.
16. Name five components that are related to health fitness.
1. Body Composition
  2. Cardiovascular Endurance
  3. Muscular Strength
  4. Muscular Endurance
  5. Flexibility
17. Name five components that are related to performance fitness.
1. Power
  2. Speed & Quickness
  3. Agility
  4. Balance
  5. Motor Skill
18. What is
- A. balance  
the ability to stay upright or stay in control of body movement, and coordination is the ability to move two or more body parts under control, smoothly and efficiently.
  - B. stability  
the ability to maintain or control joint movement or position.
  - C. center of gravity  
the point at which the entire weight of a body may be considered as concentrated so that if supported at this point the body would remain in equilibrium in any position.
19. Name three ways to improve stability and give 2 example exercises.
1. Stand on one leg
  2. Walk heel to toe
  3. Balance on a wobble board
20. Name two exercises that a female can perform to build ACL knee strength.
1. Squats
  2. Walking Lunges